

## STAFF NEWS

Three of our long serving members of staff are sadly leaving us.



### **Annelie Francis**

is retiring after 14 years working as a receptionist at Chiddingfold Surgery. She will continue to work with her husband John helping to run their Taxi service.



### **Izzy Miklas-Sikora**

has been part of the Chiddingfold Surgery team for 11 years. She has had a variety of roles over the years latterly being one of our health care assistants.

**Alexandra "Sandy" Ward** is retiring after 12 years at Chiddingfold surgery. She started with us as a receptionist but in later years trained as a dispenser working both at Chiddingfold and Dunsfold Surgeries. We wish her a long and happy retirement.

**Annelie, Izzy and Sandy will be very much missed by the whole team and we wish them all good health and happiness over the coming years.**

## VACCINATION NEWS

The time for a flu vaccination has come to an end for 2017/18. Several of our patients, however, are still eligible for a shingles vaccination.

Vaccination against shingles can be given at anytime throughout the year to all eligible patients. Check out the following website to see if you are eligible:

<https://www.gov.uk/government/publications/shingles-vaccination-eligibility-poster>

Alternatively, if you are aged 70-79 and have not yet had your vaccination, ring and check if you are eligible for a vaccination this year: our receptionists will book you for an appointment with one of our practice nurses.

*Shingles can be very painful and uncomfortable.*

Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it. For more information about shingles vaccination go to:

<https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

## WHY DOES THE RECEPTIONIST NEED TO ASK WHAT IS WRONG WITH ME?

**It is not a case that the receptionist is being nosy!**

The reception staff are members of the whole practice team and it has been agreed that they should ask all our patients for a brief description of their symptoms. Our staff are trained to ask certain questions in order that you receive:

- The most appropriate medical care.
- From the most appropriate health professional available.
- At the most appropriate time.

The information also allows doctors to prioritise home visits and telephone calls.

**Reception staff, like all members of our team, are bound by confidentiality rules.**

The practice would take any breach of confidentiality very seriously and deal with it accordingly. If you feel an issue is very private and do not wish to say what this is, then this will be respected by our staff.

## PROSTATE CANCER AND PSA TESTINGS

Since the news broke that Bill Turnbull (former BBC breakfast news presenter) had been diagnosed with prostate cancer many of our male patients have come in requesting PSA testing.

The PSA test has its limitations. There are a couple of really good websites worth checking out to help you decide if the test is right for you:

<https://www.gov.uk/government/publications/prostate-specific-antigen-testing-description-in-brief>

<https://prostatecanceruk.org>

# ONE YOU

CHECK OUT THE NHS 'ONE YOU' WEBSITE for useful apps to help you on the way to a healthier you:  
[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)



## CANCER AND BEING OVERWEIGHT

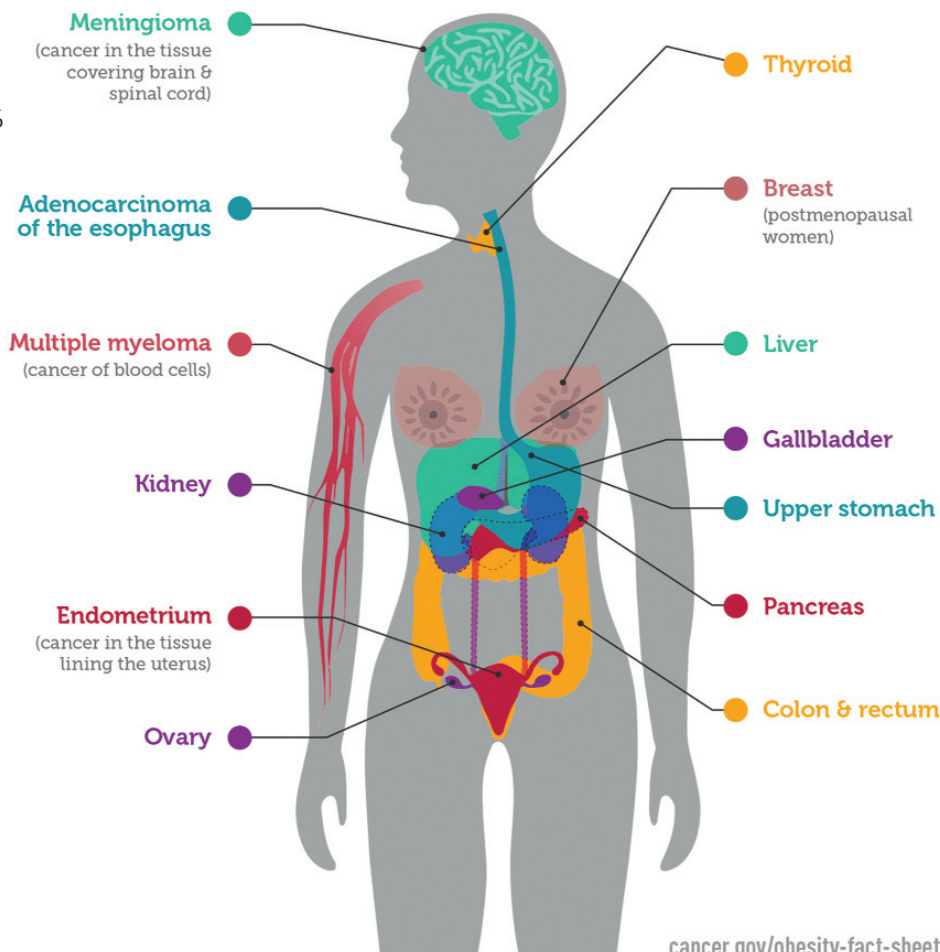
There is consistent evidence that higher amounts of body fat are associated with increased risk of a number of cancers. Check out your weight and BMI next time you are in the surgery. If you want help achieving weight loss our nurses can help. Ask about a referral to the weight management and exercise service to give your weight loss plan a kick start.

NATIONAL CANCER INSTITUTE

### Cancers Associated with Overweight & Obesity

#### INCREASED RISK

Meningioma 20-50%  
Oesophageal 2-4 x higher  
Multiple myeloma 10-20%  
Kidney 2 x higher



INCREASED RISK  
Thyroid - 10%  
Breast - 20-40%  
Liver 2 x higher  
Gall bladder 20-60%  
Stomach 2 x higher  
Pancreas 1.5 x higher  
Colon 30%

[cancer.gov/obesity-fact-sheet](http://cancer.gov/obesity-fact-sheet)

Adapted from Centers for Disease Control & Prevention

**The Patient Participation Group** is a small group of patients who meet regularly with the Surgery to discuss the needs, views, concerns, and comments of the patients and to enable constructive changes to be made to improve the services. If you would like to join the group please leave your name and contact details with the surgery receptionist or in the 'comments' box in the surgery waiting room (addressed 'for the attention of the PPG').